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WHAT IS CLAIMED IS:

Sub A 3

1. A sports boot, especially for gliding sports, comprising:
an outer sole and an external upper covering the user's foot and lower leg, the external upper comprising a flexible frame made of a flexible, substantially non-stretchable material, arranged along preferred directions of forces/supports affixed to both the external upper and the outer sole.
2. A sports boot according to claim 1, wherein the flexible frame comprises a dorsal portion extending from the outer sole substantially up to a top end of the external upper, and at least one lateral arm laterally connecting the upper end of the dorsal portion to one side of the boot.
3. A sports boot according to claim 2, wherein said at least one lateral arm comprises two substantially symmetrical lateral arms.
4. A sports boot according to claim 2, wherein each said lateral arm is fixed to the outer sole by a connecting lug, substantially in an area of the metatarsophalangeal joint of the foot.
5. A sports boot according to claim 2, wherein at least one lateral arm comprises a tightening arrangement.
6. A sports boot according to claim 2, wherein the dorsal portion laterally comprises at least one lug having a tightening arrangement and is on a level with the top of the external upper.

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7. A sports boot according to claim 2, wherein the dorsal portion laterally comprises two substantially symmetrical lugs.

8. A sports boot according to claim 1, wherein the flexible frame is fixed, at each of its lower ends, to the external upper and to the outer sole.

5 *Sub A 4* 9. A sports boot according to claim 1, wherein for a conventional assembly, with the upper lasting allowance between an insole and the outer sole, each of the lower ends of the frame is fixed to the lasting allowance.

10. A sports boot according to claim 1, wherein each of the lower ends of the frame is fixed by a seam on the lower end of the external upper.

10 11. A sports boot according to claim 1, wherein the frame is fixed on the external upper by a seam.

12. A sports boot according to claim 3, wherein each lateral arm is fixed to the upper, and to the sole, respectively, only by its connecting lugs and conserves an entire elastically deformable free portion.

15 *Sub A 5* 13. A sports boot, especially for gliding sports, comprising an outer sole and an external upper overlying the outer sole and covering the user's foot and lower leg, the external upper comprising a flexible frame made of a substantially non-stretchable material and affixed to the upper and sole, comprising a dorsal portion, extending vertically at the rear of the lower leg, and comprising at least one lateral portion, extending laterally along the foot, connected to said dorsal portion and to the sole, at each of its ends.

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14. A sports boot, especially for gliding sports, comprising an outer sole and an external upper overlying the outer sole and covering the user's foot and lower leg, the upper including a flexible frame made of a substantially non-stretchable material and arranged so as to provide a predetermined moment of inertia along predetermined directions.

15. A sports boot, especially for gliding sports, according to claim 14, wherein the flexible frame comprises lateral arms in the form of flat bands oriented so as to provide a predetermined moment of inertia during a forward bending.

16. A sports boot according to claim 2, wherein the dorsal portion comprises a recess at the level of the front portion of the heel of the foot.

17. A sports boot according to claim 16, wherein the dorsal portion comprises a notch whose lower end opens out on the recess.

18. A sports boot according to claim 2, wherein the dorsal portion constitutes a rear piece, and the dorsal portion including at least one lug, and at least one lateral arm constitutes a front piece, and wherein the front piece includes appropriate fixing means for fixing the front piece on the rear piece, at the level of the dorsal portion.

19. A sports boot according to claim 2, wherein each external lateral arm is furthermore connected to the dorsal portion by a connecting lug oriented substantially along the flexion fold.

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20. A sports boot according to claim 2, wherein the dorsal portion has a bottom portion that is flared so as to surround the heel.

ADD A 6

add C 3